

# SKILLS FITNESS / GROUP FITNESS SCHEDULE STARTS AUGUST 22ND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	<b>LES MILLS BODYPUMP</b> SARA/TARA	<b>LES MILLS BODYCOMBAT</b> JEN	<b>GRIT</b> 30 Min. CHANEY/SARA 5:15 a.m. / <b>LES MILLS CXWORX</b> 30 Min. SARA 5:45 a.m.	<b>HIGH</b> BEKAH/LESLIE fitness		
6:15 am	<b>LES MILLS BODYATTACK</b> SARA/MARCI	<b>POWERTONE</b> KATHY	<b>LES MILLS BODYSTEP</b> SUE	<b>LM REMIX</b> SUMMER/KATHY	6:00 am <b>GRIT</b> 30 Min. SUE/CHANEY	
8:00 am	<b>SENIORS SILVER SNEAKERS</b> HELINA		<b>SENIOR FIT</b> SEASON	<b>YOGA</b> BRYAN	6:30 am <b>MAT PILATES</b> HELINA	7:00 am <b>LES MILLS BODYSTEP</b> CHANEY/SUMMER
9:15 am	<b>LES MILLS BODYSTEP</b> AMY	<b>LES MILLS BODYPUMP</b> TARA/KATHY	<b>LES MILLS BODYCOMBAT</b> EMILY J.	<b>LES MILLS BODYATTACK</b> SARA/MARCI	<b>HIGH</b> EMILY & BEKAH fitness	8:00 am <b>LES MILLS BODYPUMP</b> KATHY/ASH/EMILY
10:15 am	<b>LES MILLS CXWORX</b> 30 Min. KATHY	<b>LES MILLS BODYJAM</b> SUE/MARCI	<b>HIGH</b> EMILY, BEKAH & LESLIE fitness	<b>LES MILLS CXWORX</b> 30 Min. SARA		9:00 am <b>LES MILLS BODYJAM</b> MARCI/SUE
11:15 am		<b>SENIOR FIT</b> SEASON		<b>SILVER SNEAKERS CHAIR</b> <b>YOGA</b> BRYAN		
5:30 pm	<b>LES MILLS BODYPUMP</b> KYLE	<b>KRAV MAGA</b> ★ JIM SELF DEFENSE	<b>LES MILLS BODYPUMP</b> ASHLEY/EMILY	<b>KRAV MAGA</b> ★ JIM SELF DEFENSE	<h2>CLUB INFO</h2> <p>Monday - Friday 5:00 am - 9 pm Saturdays - 5:00 am - 7 pm 24 HR Access Gym is open beyond the regular hours listed via the 24 hr access key fob system</p>	
6:30 pm	<b>YOGA</b> ALI	<b>MAT PILATES</b> HELINA		<b>BALLET BARRE</b> HELINA		
7:30 pm	<b>HIGH</b> KALLI & JILL fitness	<b>HIGH</b> KALLI/BEKAH/MADI fitness		<b>HIGH</b> KALLI/JILL fitness		

**HIIT CLASSES:** MON - FRI : 5:30 - 6:15 - 7:15 - 8:00 - 9:15 AM  
MON - THUR : 6 PM  
SAT : 7:00 & 7:45 AM

**CLUB HOURS** / **PHONE**  
24 Hour System / 801-298-5050

★ = Paid Classes : For Krav Maga contact Jim 385-775-1453